

ABSTRACT

A data storage media including customized hearing training information is created using troublesome content identified based on testing of an individual's hearing profile. The identified content, and amplification factors associated with the hearing profile and corresponding to the identified content, are stored on the media. The individual can readily access the media, which can be portable, to generate sound output representative of the identified content without, and adjusted by, the corresponding amplification factor, such that the individual can train his brain on the identified troublesome content before receiving a hearing aid.